



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Should you desire the great tranquility, prepare to sweat." ~ Hakuin

January, 2015

Each Person Shines Their Own Way

A samurai who was known for his nobility and honesty, went to visit a Zen monk to ask him for his advice.

When the monk had finished his prayers, the Samurai asked, "Why do I feel so inferior? I have faced death many times, have defended those who are weak. Nevertheless, upon seeing you meditating, I felt that my life had absolutely no importance whatsoever."

"Wait. Once I have attended to all those who come to see me today, I shall answer you." - replied the monk.

The samurai spent the whole day sitting in the temple gardens, watching the people go in and out in search of advice. He saw how the monk received them all with the same patience and the same illuminated smile on his face.

At nightfall, when everyone had gone, he demanded: "Now can you teach me?"

The master invited him in and lead him to his room. The full moon shone in the sky, and the atmosphere was one of profound tranquility.

"Do you see the moon, how beautiful it is? It will cross the entire firmament, and tomorrow the sun will shine once again."

"But sunlight is much brighter, and can show the details of the landscape around us: trees, mountains, clouds."

Mat Chats

Stranger Alert/ No-Go-Yell-Tell

Week 1. What is a stranger?

Week 2. What is a lure?

- a. Bribery lure
- b. Job lure

Week 3. What is a lure? (continued)

- a. Assistance lure
- b. Directions lure

Week 4. What is a lure? (continued)

- a. Internet lure
- b. Kids are strangers too

"I have contemplated the two for years, and have never heard the moon say: why do I not shine like the sun? Is it because I am inferior?"

"Of course not." - answered the samurai. "The moon and the sun are different things, each has its own beauty. You cannot compare the two."

"So you know the answer. We are two different people, each fighting in his own way for that which he believes, and making it possible to make the world a better place; the rest are mere appearances."

KICKING OFF THE NEW YEAR WITH...

Kicks!

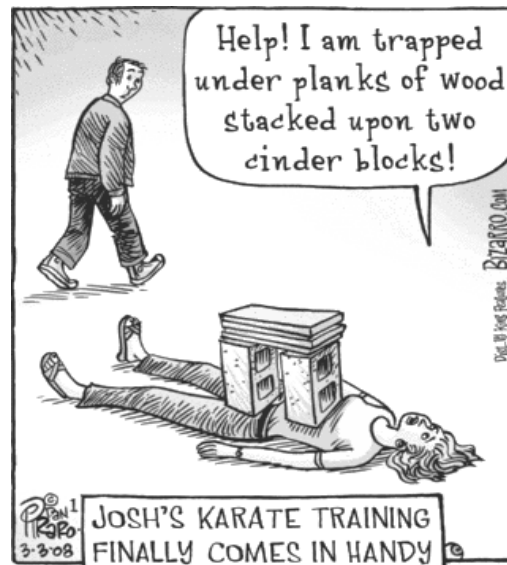


All month long in our classes we will be practicing kicks. We will practice snap kicks, thrust kicks, round kicks, all kinds of kicks! The goal this month is to improve everyone's kicks on all levels; Speed, accuracy, power, and all around technique.

We will have many new and unique kicking drills and games to keep it fun and interesting.

Dates and times to remember:

- Jan. 8th & 9th:** Chanbara Competition
- Jan. 19th:** Closed for Martin Luther King Jr. Day
- Jan. 31st:** Women's self defense seminar
10am to noon
- Jan. 29th & 30th:** Testing, regular class times



When:
Saturday,
January 31st
10:00 am to
noon



Where:
West Valley Martial Arts
2290 S. Winchester blvd.
suite 102
Campbell, Ca 95008

- Recognize and avoid dangerous situations.
- Do not be a victim
- Fight off an assailant if you have to.

(Ages 16+)

**Fee is
\$25**

EMPOWER YOURSELF

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 Chanbara Competition Regular class times Thurs & Fri	9	10
11	12	13	14	15	16	17
18	19 Closed	20	21	22	23	24
25	26	27	28	29 Belt Promotion Regular Class times Thurs & Fri	30	31 
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